

FEATURED NEWS



ERICA CONDON/ SPECTRUM

WHO RUNS THE WORLD?

JACK WELCH COLLEGE OF BUSINESS HELD A WOMEN IN BUSINESS PANEL.



JOSEF SAMILENKO/ SPECTRUM

100 100 100

UPCOMING EVENTS

- 11-29 Agape Late: We Already Have What We Seek, Linda's, 8 p.m.
- 12 - 1 Write for Rights, Martire Forum, 10:30 a.m.
- 12 - 3 SET's Winter Week, Various Campus Locations

TWEETS OF THE WEEK

@SHUSpectrum

IF YOU THINK YOU HAVE **FIRE** TWEETS: DM @SHUSpectrum ON TWITTER FOR THE CHANCE TO BE FEATURED!



"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!

Pioneers Tie For NEC Championship

BY: RYAN TOUHEY
Sports Editor

The Sacred Heart University football team won a share of the Northeast Conference (NEC) Championship on Nov. 17, at Campus Field by defeating Saint Francis University (SFU), 13-7, during their senior day match.

It is the program's fourth NEC title in its history and the third in the past six years. The most recent title came in 2014, when Sacred Heart and Wagner were crowned co-champions. This year, Sacred Heart shares the honor with Duquesne University, who defeated Central Connecticut State University (CCSU) that same day, 38-31.

"It's a great feeling to come out on top," said head coach Mark Nofri. "I couldn't be prouder of the players this year and what they were able to accomplish."

Sacred Heart was picked sixth in the NEC Preseason Coaches Poll. They won their first three games, defeating Lafayette, Bucknell and Wagner. They then dropped their next three games to Ivy League schools Cornell, the University of Pennsylvania and Dartmouth.

Sacred Heart then went on another three-game winning streak defeating NEC rivals CCSU, Bryant and Robert Morris.

"The players responded each week and getting some guys back who were injured helped out a lot as well," said Nofri.

The team had a chance to clinch the NEC title on Nov. 10, at Duquesne, but lost 28-24.

Sacred Heart, Duquesne and CCSU entered Nov. 17, in a three-way tie for first in the NEC, as each team was 4-1 in conference play.

"Our planning for the game against SFU didn't change much," said fifth-year wide receiver Andrew O'Neill. "We weren't going to let Saint Francis University affect the way we call our plays. We were going to try and dictate the play calling to them."

After honoring the graduating seniors, Sacred Heart began their game against SFU by going ahead 3-0, after first-year placekicker Noah Gettman hit a 33-yard field goal in the first quarter.

SFU would score a touchdown and an extra point in the second quarter, to lead 7-3. Sacred Heart would cut the deficit down to one point before the half as Gettman hit another field goal, this time from 27 yards out.

"During halftime, we reminded the players that we had been in this situation before," said Nofri. "We told them that we need to go back to basics, not to worry, clean up the mistakes and move forward, and they did."

A strip sack by graduate student and defensive lineman Aaron Donalson on an SFU 3rd and 14, was the turning point in the game

for Sacred Heart. The ball was recovered by junior wide receiver, RJ Trimble-Edwards, and the ball was turned back over to Sacred Heart.

"The quarterback scrambled out and we had a good pass rush in," said Trimble-Edwards. "Donalson made a great tackle and I was right there so I just hopped on the ball."

Senior running back Jordan Meachum rushed for three yards to score a touchdown and Gettman followed that up by making the extra point. Sacred Heart led 13-7.

"The players fed off the energy from there on," said Nofri. "There was no panicking, there was no finger pointing, it was great."

Coming into the game, SFU had the top-ranked defense in the NEC, but Sacred Heart's defense matched up, especially in the fourth quarter.

SFU did have one last chance to get back into the game with 3:18 remaining. They moved from their 40-yard line to Sacred Heart's 41-yard line. However, the Sacred Heart defense forced four consecutive incompletions, thereby forcing SFU to punt.

Sacred Heart held on and won, 13-7. The players rushed out onto the field and hoisted Nofri into the air on top of their shoulders in celebration.

"It was pretty emotional," said Nofri. "It made me feel very special and it was a great moment, probably one of the best I've ever had in my six years as the head coach."



SACRED HEART ATHLETICS

THE SACRED HEART FOOTBALL TEAM GAINED THEIR FOURTH NEC TITLE IN ITS HISTORY DURING THEIR SENIOR DAY.

Local Burglary Updates

BY JOE MCCORMACK
Staff Reporter

Car burglaries and house break-ins have been an issue over the past couple of months in the Bridgeport and Fairfield area. Among some of the victims are Sacred Heart students.

"My neighbor's house got broken into half way through the night," said Senior Alex Kroudis. In October, Kroudis's neighbors experienced a home break-in on Highridge Drive, in Bridgeport, about five minutes from main campus.

"My neighbors woke up in the middle of the night with people actually in their house, when I heard about it, it was one of the scariest things I ever heard," said Kroudis.

According to Kroudis, the burglars removed an air-conditioning unit, opened the window and climbed through to enter the house.

"We live in a safe area, there hasn't been any reported crimes around us but that was an eye opener, and you should be more aware that things like this can happen," said Kroudis.

The Fairfield patch reported that a group of car burglars were caught thanks to an alert from a resident earlier this month.

"These car break-ins have been a recent problem through the region and the state," said Public Safety officer and former Fairfield Police Chief, Gary MacNamara.

The car burglaries happened within a five-mile radius of the main campus. "We know that individuals' perpetrating this are seizing opportunities of unlocked cars. They will walk quietly through neighborhoods checking cars. If they find an open car they take things and sometimes the car. That is why prevention is the key," said MacNamara.

According to the Fairfield Police Crime Statistics Monthly Report,

throughout the month of October there were seven motor vehicle threats and three burglary incidents. Those numbers have dropped from the previous year. In Oct. 2017 there were five burglary incidents and eighteen motor vehicle incidents. The burglary arrest total dropped by one during the month of October, from 16 in 2017 to 15 in 2018.

"Police encourage people to lock doors, don't leave any valuables in plain sight and definitely take the keys," said MacNamara.

Since the beginning of 2018, the Fairfield Police Department has recorded 58 burglaries, 222 larcenies, 37 stolen vehicles, 550 suspicious activities, and 161 thefts from motor vehicles, according to the Fairfield Police Commission Monthly Report.

"It is hard to say whether or not victims in these cases will ever get their items back. Generally, unless the subjects are caught in a timely fashion with the items still on their person, the items will not be recovered," said MacNamara.

Fairfield Patch reported earlier this year that the areas in Fairfield that are most affected by burglaries and suspicious activity are Middlebrook Drive, Pansy Road, Valley View Road, Wagon Hill Road, Short Hill Lane, Woodland Road and Tahmore Court.

According to Public Safety, the university's main campus rarely ever experiences vehicle or house break-ins. U.S. News states that 48 percent of the university's students live in off campus housing, which comes with a higher risk of experiencing home burglaries or car thefts.

"Report suspicious activity. For their part, police will increase patrols in the area and utilize K9s to track subjects," said MacNamara.

News

International Education Week

BY JAMES HITCHCOCK
Staff Reporter

During the week of Nov. 12, Sacred Heart University celebrated International Education Week. International Education Week provides students and faculty with the opportunity to celebrate international education and the exchange worldwide.

Since the year 2000, this weeklong event is recognized on college campuses across 100 countries worldwide. Sacred Heart has marked its 7th year as a participant.

"The International Education Week is a joint initiative of the U.S. Department of State and the U.S. Department of Education, whose goal is to promote programs that prepare Americans for a global environment and attract future leaders from abroad to study, learn, and exchange experiences," said Wojciech Wloch, executive director of Global Affairs.

The Office of Global Affairs is in charge of organizing International Education Week on campus. The office facilitates, encourages, and initiates the internationalization process here at Sacred Heart. With four areas of service under the office, Global Affairs supports and works with various departments to promote international initiatives and effects across campus.

Throughout the week, students had the chance to participate in over 20 activities on campus promoting international education. The Office of Global Affairs held information sessions about their study abroad programs along with live video chats with students from other countries.

Global Affairs provides several notable functions. They extend and communicate Sacred Heart University's international reach and reputation. They also facilitate and engage individual and institutional connections between faculty, staff, students and alumni with the world.

Other events from the week included an international education themed trivia night at Red's, a finance study abroad information session, an Interfaith Thanksgiving Service and more.

Many study abroad programs are offered during each semester including a trip to Dingle, Ireland, for students to attend in the spring and summer.

Simply Smiles is holding a mission trip to Oaxaca, Mexico, over spring break. Simply Smiles is a non-profit organization that seeks to provide bright futures for impoverished children, their families, and their communities.

The trip will allow students to interact and help with the kids at one of the children's homes. Sacred Heart students have been involved in this mission trip for the past 3 years.

"Volunteering with Simply Smile and their home for children in Oaxaca helped me become more aware of global issues and has shifted my perspective. It has helped shape my college experience in such a positive way that I am so grateful for," said senior

Amanda Miller. "There is such a great need for aid in other countries and Sacred Heart has provided us with the resources to do so."

A second mission trip to Guatemala will be taking place over spring break with the nutrition clinic C.E.R.N.E. A select group of students will get to visit the plantation where they house families and provide schooling and jobs. During their trip last year, students from Sacred Heart installed stoves in each housing facility.

"This year will be my third time returning to Guatemala. Every time I go, I am shown the true importance of love and friendship," said senior Julianna Morrone, a student leader of the trip. "Spending time with these kids and their families has given me a home away from home, and they will always have my heart with them."



SACRED HEART FLICKR

AS PART OF THE INTERNATIONAL EDUCATION WEEK, A DIWALI CELEBRATION WAS HELD ON NOV. 10 IN MARTIRE.

U.S. News Roundup

BY EVAN DENNY
News Editor

California Wildfire

A massive wildfire that killed dozens of people and destroyed thousands of homes in Northern California has been fully contained after burning for more than two weeks, authorities said Sunday.

The California Department of Forestry and Fire Protection said the camp fire had been surrounded by firefighters following several days of rain in and around the devastated town of Paradise.

It dropped an estimated 7 inches (18 centimeters) of rain over the burn area during a three-day period without causing significant mudslides, said Hannah Chandler-Cooley of the National Weather Service.

The nation's deadliest wildfire in a century killed at least 85 people, and 249 are on a list of those unaccounted for. The number of missing dropped in recent days as officials confirmed that more people were alive.

General Motors Layoffs

General Motors will lay off 14,700 factory and white-collar workers in North America and put five plants up for possible closure as it restructures to cut costs and focus more on autonomous and electric vehicles.

The reduction includes 8,100 white-collar workers, some of whom will take buyouts and others who will be laid off. Most of the affected factories build cars that won't be sold in the U.S. after next year. They could close or they could get different vehicles to build. They will be part of contract talks with the United Auto Workers union next year.

Affected facilities include assembly plants in Detroit; Lordstown, Ohio; and Oshawa, Ontario, as well as transmission factories in Warren, Mich., and Baltimore.

About 6,000 factory workers could lose jobs in the U.S. and Canada, although some could transfer to truck plants.

Inmate Confesses to 90 Killings

A man convicted of three California murders and long-suspected regarding numerous other deaths now claims he was involved in about 90 killings nationwide spanning nearly four decades, and investigators already have corroborated about a third of those, a Texas prosecutor said Thursday.

Ector County District Attorney Bobby Bland said 78-year-old Samuel Little was booked into jail this week following his indictment in the 1994 death of a Texas woman. Investigations are ongoing, but Little has provided details about more than 90 deaths dating to about 1970, Bland said.

If the number of killings Little claims to have committed proves true, it would make him one of the most prolific killers in U.S. history.

During his 2014 trial in Los Angeles, prosecutors said Little was likely responsible for at least 40 killings since 1980.

Papadopoulos Imprisoned

Former Trump campaign foreign policy adviser George Papadopoulos was scheduled to report to prison on Monday after a federal judge rejected his last-minute bid to delay

his two-week sentence.

Papadopoulos was sentenced in September for lying to the FBI in the Russia investigation. He had sought a postponement of his prison term until an appeals court had ruled in a separate case challenging the constitutionality of special counsel Robert Mueller's appointment.

Four federal judges have upheld Mueller's appointment as proper.

In recent months, he has spent many nights posting on Twitter, as has his wife, venting anger about the FBI and insisting he was framed by the government. He also has offered to testify before the Senate's intelligence committee, which is investigating Russian interference in the 2016 election, if he's granted immunity or other conditions.

Midwest Storm

A wintry storm brought blizzard-like conditions to parts of the Midwest early Monday, grounding hundreds of flights and causing slick roads for commuters as they returned to work after the Thanksgiving weekend.

The Chicago area was slammed with up to a foot of snow, and whiteout conditions stalled commuter traffic on the roads. The National Weather Service said 7.5 inches of snow fell at Chicago's O'Hare International Airport and 4.9 inches fell at Midway International Airport.

The Associated Press contributed to this article.



ASSOCIATED PRESS

A FIREFIGHTER SEARCHES FOR HUMAN REMAINS IN A TRAILER PARK DESTROYED IN THE CAMP FIRE, IN PARADISE, CALIF.

Perspectives

They Said: Early Bird vs. Night Owl

THEY SAID

TYLER

People have a tendency to categorize things that actually exist on spectrums. We do this with a lot of things, but we especially seem to do this with personality traits. Political leaning, gender, the four opposing pairs of Myers-Briggs types — none of these are binary sets, but opposite ends of continua. The question of being an early bird or a night owl is another one of these false dichotomies. In truth, most people have relatively average sleep schedules. But I'm not really one of those people.

I have a tendency to feel like I'd be better off elsewhere on some of my spectrums. Exempli gratia: I'm an introvert hopelessly aspiring to be extraverted, and I prefer to use they/them pronouns. Argumenti gratia, though: I really wish I were an early bird rather than a night owl.

Being a night owl might seem like a perk when I'm in my moonlit element, but the consequences when —

...

WAKES UP AT AROUND 10:30 A.M.

... Wow. How's that for irony?

I think I must have fallen asleep close to two o'clock last night. Maybe I shouldn't have been typing this opinion piece on my bed. (Then again, I've fallen asleep in chairs and on desks plenty of times before, so working somewhere else might not have made much difference.)

But returning to the point at hand: what I was trying to say, before abruptly passing out, is that being a night owl can be really inconvenient at times (id est: in the morning), especially for someone like me who needs a greater-than-average amount of sleep. I cannot function unless I get at least eight or nine hours of sleep,

and when I'm not falling asleep until after midnight most nights, that means I'm not starting my days until long after the days have already begun. It's frustrating when I wake up to find it's almost noon; I feel like I've wasted half of my day. More frustrating than that, though, is when I sleep straight through my battery of alarms and wind up late to my 9:30 classes, or absent altogether. Thankfully this doesn't happen too often, but even when I do get up and get to class on time, if I'm short on sleep then I often won't have the mental energy to be engaged. It's such a pain. I envy the early birds.

There have been occasions when I have woken up involuntarily early. I've woken from nightmares, dogs barking, my early bird housemates making a racket downstairs, et cetera. Not pleasant ways to wake up, but once I'm shocked out of sleep I'm totally alert, and to my delight I suddenly have as many as six bonus hours added to my day. I really enjoy getting stuff done in the morning when that happens — I just have a hard time making it happen on my own. If it weren't for my nocturnally-turned circadian rhythm, I'd make a great morning person.

Although, I suppose it's just the hassle of getting up in the morning that makes me resent being a night owl. Honestly, it's not such a bad thing. As an admitted introvert, I do adore the tranquility that comes when the rest of society is in repose. And there's nothing quite like walking under the stars down deserted streets and beaches, perchance passing an opossum, a skunk, a raccoon, or some deer, my fellow creatures of the night.

Carpite diēs! Carpam noctēs.

MARIA

SHE SAID

I would like to start off by saying that I am not an anti-night person. I love the nighttime, I just value the morning a bit more!

First off, I naturally wake up early in the morning. So, even if I did want to sleep in until the afternoon, my internal clock would not allow it. So I have adapted to the "early bird" lifestyle, and use it to my benefit.

During the school year, I run on an informal schedule. I have classes scattered throughout the day, but I've managed to set free time in the morning. Waking up early allows me to set time for self-care. My productivity for the remainder of the day is determined by how I spend my mornings.

I don't have a specific morning routine that mimics "what a CEO would do before work." I don't check my emails or immediately start doing work! Rather, I do things that I enjoy in the morning, dedicating an hour or so to "me-time." I usually set my alarm for 8 a.m. and slowly get up on my own time. I tend to stay in bed, reading or scrolling on my phone.

I can never start my day without coffee. Call me addicted, but the first sip of a morning coffee is one of my favorite things. Additionally, I am a relatively active person, so I prefer to go to the gym in the mornings. It provides me with the energy I need for the day. Regardless of what any "early bird" does in the morning:

it is a time for self-care.

To give you another perspective on morning-people: HuffPost released an article stating that Rottman Research Institute "found that morningness in both younger and older people was associated with greater experience of positive emotions."

I find this relationship pretty interesting. The sunlight provides me energy. No hate on the dark, but I tend to be more productive with the sun out. Additionally, working out in the mornings releases endorphines, so I feel better and gain energy. For me, sleeping in late causes grogginess and laziness. I feel that I've wasted a large chunk of my day and I am unable to take my sweet time in getting ready. Instead, I feel rushed and stressed.

So as you can imagine, and I hope fellow early birds can relate: I NEED MY MORNINGS, for mere survival (that may come off as dramatic, but it gets my point across). Waking up early allows you to set time to do activities that you may not have time to do if you sleep in. I cherish my mornings because they are my me-time. So, regardless of whether you prefer the morning or the night, make sure to dedicate self-care time into your day.

Shoutout to all my fellow early birds!

Who Cooked Your Turkey?

A bouquet of fresh flowers makes a wonderful thank you gift for anyone kind enough to feed a hungry college student! Hansen's Flower Shop can deliver for you anywhere in the area or across the country.



Hansen's Flower Shop 1040 Post Road, Fairfield
(203)255-0461 - hansenflowershop.com



Off Campus Housing; Are you looking for off campus housing? I have been a SHU landlord for 20 years. We have the most modern, up to date, houses in great neighborhoods with all the amenities that you need. Our houses range in size from 3 to 11 bedrooms. We can accommodate small to large groups. Please call Joe Iannelli or text 407-301-3940. DON'T WAIT -- CALL EARLY TO RESERVE A GREAT SPOT!!!

Perspectives

Do you feel safe going out?

BY HANNAH JONES
Staff Reporter

Do you feel safe going out on the weekends?

With the recent shooting that killed 12 college students at a bar in Southern California, some students have reported that they feel uneasy going out.

"The shooting definitely makes me think twice about going out because it has become more common and that's scary," said senior Marisa Tache, a communications major.

Sophomore Rebecca Radisic, a Theatre Arts major, said, "Whenever I go out, I try my best not to think of the recent shootings, but because they are so common in the news, I can't help but feel some kind of uneasiness when going out on or off campus."

According to Mark J. Terrill, an Associated Press journalist, there have been 307 mass shootings reported in 2018 so far.

This has caused some students to use some precautions when they go out.

Freshman Arianna Fournaris, a college of arts and sciences undecided major, enjoys going out, but feels more nervous when going out now.

"I am always being cautious of my surroundings. I don't like to live my life in fear and not go to things, so I do still go out," said Fournaris.

On the other hand, some students don't feel affected by the shootings.

Junior Christina Noto, a Biology major, said, "Even after the shootings, I still feel safe going out on the weekends because I trust the places I go."

"I feel comfortable going out, but mostly because these shootings are something you'll never be able to relate to unless you have been directly in one," said junior John Stevens, a nursing major.

Some students report that they get their news coverage about the shootings through social media outlets like Facebook, Instagram, and Snapchat.

Junior Chelsea McNulty, a nursing major, said that due to recent shootings, she is more aware of what's going on around her.

"After recent shootings, I watch and read the news more

and pay more attention to what is occurring in our world," said McNulty.

Moreover, students report that recent shootings have made them become more aware of their safety when going out.

"I do my best to keep safe by being aware of my surroundings, never going anywhere alone, and making sure my friends know where I am at all times," said Noto.

Tache said that the most important thing she does to stay safe is to never go anywhere alone.

Junior Jake Doble, a theatre arts and media arts major said, "I always charge my phone before going out. This is very important to me because in case of an emergency, I can call for help."

Sophomore Thomas Mckenna, a business major, said that his grandfather has taught him what to do in a crisis. "Hide yourself, and shield your body," said Mckenna.

The iPhone app "Find My Friends" is a location sharing app. Students are able to see their friends' locations with the use of this app.

Many students have reported that they share their locations with friends and family.

"I share my location with my friends because it's easy to know where they are if we need them for something, and in a case of emergency we can always find each other," said Fournaris.

Stevens said that he does not share his location with his friends.

"I do not share my location, but I probably should. It's definitely a good idea for people to share their location," said Stevens.

Some students report that they use Uber, a ride sharing and transportation network, when going out.

However, most students only feel safe using Uber when they are with a group.

Freshman Noelle Micellii, an education major, said, "Sometimes I feel nervous about taking an Uber, but if I am with my friends I am not nervous. I refuse to Uber alone."

On the contrary, Mckenna feels safe taking an Uber alone.

"Uber tracks your location, so if anything happens, you can easily be found," said Mckenna.

As many college students enjoy going out on the weekends, the aftermath of the shootings has made students nervous. However, it has not stopped them from living the "college life."

"Personally, I don't let the thought of a possible shooting get to me because that's no way to live," said sophomore Jaime Bair, a health science major. "The second we let these shooting get to us and change how we act in our lives is the second that those shooters win."

"So rather than living in fear, spread kindness to remember those who lost their lives to such a horrific act," said Bair.



GOING OUT IS A COMMON ACTIVITY FOR COLLEGE STUDENTS ON THE WEEKENDS AND AFTER RECENT SHOOTINGS PEOPLE ARE TAKING EXTRA PRECAUTIONS TO STAY SAFE.

Juul no more!

BY MATTHEW WIELK
Staff Reporter

Juul, the nation's leading e-cigarette maker, is halting store sales of some flavors to deter use by minors, the Associated Press (AP) reported. The move by Juul Labs Inc. comes ahead of an expected U.S. government crackdown on underage sales of flavored e-cigarettes.

Will the new age restrictions stop underage people from using Juul products?

"I think this has the potential to get students to stop Juuling or smoking e-cigs," said junior nursing student Madison Wong. "An age limit might make it a little harder for minors to obtain and feed an addiction but at the same time, if they are already addicted, they will find ways to feed this addiction, which I think is a huge problem."

Senior Rob Paepre said, "I feel that kids who aren't old enough to buy a Juul are still getting access to them. Strict age limits will help with limiting access to buying a Juul, but I think they will still find ways around the restriction."

According to AP, "Juul said it stopped filling store orders Tuesday for mango, fruit, creme and cucumber pods and will resume sales only to retailers that scan IDs and take other steps to verify a buyer is at least 21."

"Pods are pretty expensive, so I don't think people are going to spend the money to stock up on the fruit flavors. I think this will cause the people who don't like tobacco and mint flavors to quit using the Juul," said sophomore Alyssa Miro. "I think people who only like mint and menthol flavors will continue to use it, but possibly cut back."

However, junior Emma Sanders thinks that students will try to stock up on the flavored pods before they run out for good.

"People will definitely try to buy as many of the flavored packs of pods as possible. Since stores won't be selling them anymore, students will try to make them last as long as they can before having to strictly use mint or tobacco pods," said Sanders.

Juul products were meant to help adult smokers who are trying to quit real cigarettes. However, many adolescents and young adults began to smoke Juuls for different purposes.

"I know kids have access to them in middle school and don't even know what is in Juul pods, they just think it's cool to use," said Paepre. "I think kids will continue to use them regardless of the restrictions because they are getting addicted to them at such a young age that it will be hard to stop."

What would happen if the FDA decided to have Juuls and other e-cigarettes taken off the market completely?

"I think that kids would go crazy without having a Juul, but if they were banned then I feel like it would just push kids to smoke regular cigarettes," said Sanders. "It may seem like a good idea to ban Juuls but there could be some issues with it."

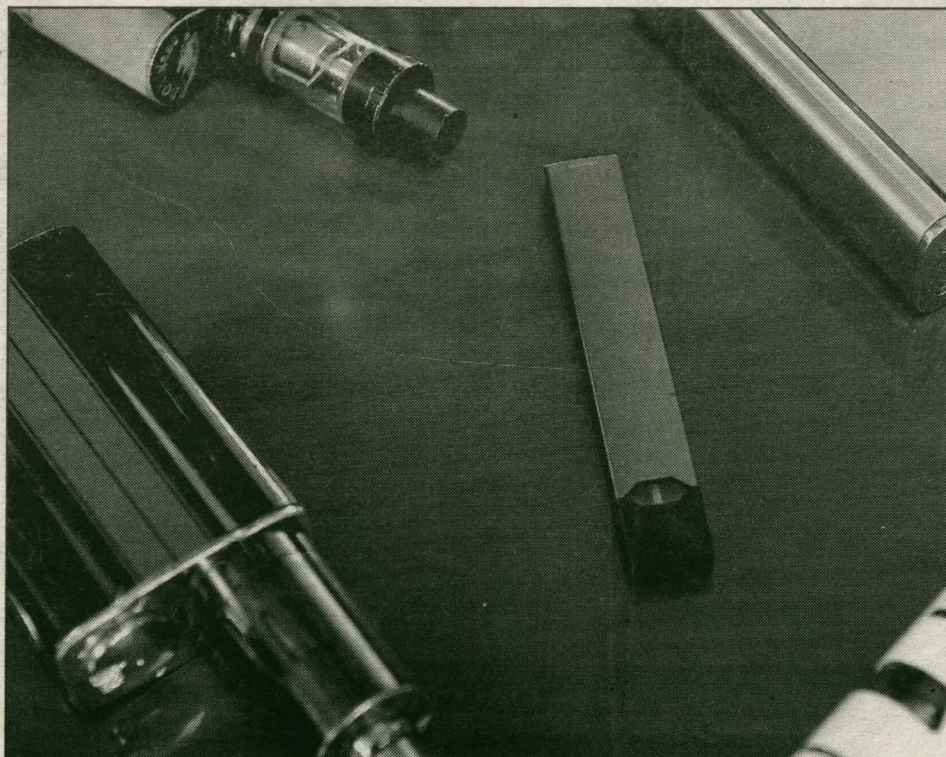
Health risks caused by using a Juul can affect physical and emotional development for

kids, according to the National Center for Health Research.

The AP also reported that the FDA is looking into whether the other e-cigarette companies are marketing products illegally to minors.

"I don't think students are aware of the health risks associated with Juuling. I think there needs to be more education around it to get students to stop. It's a problem that Juuling has become socially acceptable to the point where students have no desire to quit. History is repeating itself again. Years ago, cigarettes were a big thing and now we can see cancer and several health problems coming around affecting these people," said Wong.

Associated Press contributed to this article.



JUUL, WILL BE NO LONGER SELLING CERTAIN FLAVORS TO AVOID ATTRACTING MINORS TO THEIR PRODUCTS. MANGO, FRUIT CREME, AND CUCUMBER PODS WILL NO LONGER BE SOLD.

meetTHESTAFF

EDITOR IN CHIEF
VICTORIA MESCALL
2019

MANAGING EDITOR – EDITORIAL
BRENDAN CAPUANO
2019

MANAGING EDITOR – MULTIMEDIA
BRYAN KELLEHER
2019

COPY EDITORS
JOHN KAYWOOD
2019

TYLER LASCOLA
2020

KEELY MCCARTHY
2020

NEWS EDITORS
EVAN DENNY
2019

GRAHAM O'DWYER
2019

ASST. NEWS EDITOR
NEIL GRASSO
2020

PERSPECTIVES EDITOR
GINA D'AMICO
2020

ASSISTANT PERSPECTIVES EDITOR
ROBERTO ROJAS
2019

ERICA CONDON
2020

FEATURES EDITORS
BRYANA CIELO
2020

STEPHANIE DOHENY
2019

ARTS & ENTERTAINMENT EDITORS
STEPHANIE PETTWAY
2019

ANTHONY DEL VECCHIO
2019

ASST. ARTS & ENTERTAINMENT EDITOR
KRISTIN BURNELL
2020

SPORTS EDITORS
RYAN TOUHEY
2019

MELANIE DASILVA
2019

ASST. SPORTS EDITOR
DANIEL GARDELLA
2021

PHOTOGRAPHY EDITOR
TESSA KIELBASA
2019

ASST. PHOTOGRAPHY EDITORS
ABIGAIL FRISOLI
2020

JUSTIN LOWE
2019

PUBLIC RELATIONS MANAGER
KAYLIN HUEY
2019

ASST. PUBLIC RELATIONS MANAGER
ANGELINA DINOTA
2020

ASST. WEB MANAGER
CAROLYN LISBOA
2020

CIRCULATION MANAGER
SARA TERPAK
2021

GRAPHIC DESIGN EDITOR
SERENA PINELLI
2019

ADVERTISING MANAGER
DOMINIC CAPORALE
2020



ASST. ADVERTISING MANAGER
CAROLYN LISBOA
2020

FACULTY ADVISOR
PROF. JOANNE KABAK


Spread the Joy, Give a Toy

Here's How

- Purchase a new unwrapped toy.
- Drop it off in one of the boxes marked with Little Red on campus.
- Feel good that you helped make somebody's Christmas morning!



@LittleRedsToyDrive



@Little_Reds_Toy_Drive

Visit us at:
www.shuspectrumnewspaper.com

 SHUSpectrum Newspaper
 @SHUSpectrum


OFFICE 203.371.7963
ADVERTISING 203.371.7963


Comments or concerns? EMAIL us at
SPECTRUM@SACREDHEART.EDU

MASTER YOUR POTENTIAL

Offering graduate programs in:
Business, Communications,
Exercise Science, Public
Administration, Criminal
Justice, Social Work and
many more!

APPLY TODAY FOR SPRING 2019!

Learn more about our graduate programs, admission requirements and application deadlines at:
www.sacredheart.edu/graduate



Sacred Heart UNIVERSITY

Features

Club Spotlight: Her Campus

BY KATELYN NORKOWSKI
Staff Reporter

"We are a national magazine written totally by college women. I like to compare Her Campus to a college version of your favorite fashion magazine, such as Elle, Marie Claire, or Teen Vogue," said junior nursing major Nina Lauria, editor-in-chief of Her Campus at Sacred Heart University.

According to its website, "Her Campus offers an email newsletter, The Influence, Her Collective, Her Conference, College Fashion Week, High School Ambassador Program, Her Campus Shop, The Her Campus Guide to College Life, and even more products, programming, tools, and events to fulfill its mission of serving college women across every platform."

Her Campus has about 12,000 contributors and is published nationwide. Popular topics include style, beauty, health and love. This content is sourced locally from more than 370 university chapters, around the nation and in 11 countries.

"Being a part of Her Campus is like being a part of a small community with a bigger purpose. Writing articles for our chapter is so much fun but it makes it so much more fulfilling when other members at other chapters read and share them," said senior history major Brooke McCarthy.

Her Campus also provides college marketing services to brands looking to reach the college market.

"In addition to writing articles, we also get sponsored by several brands. Garnier, Buxom Cosmetics, and L'Oreal are just a few. It's our job then to market the products they send us on campus by running several table times throughout the year," said Lauria.

"At Sacred Heart, I think Her Campus helps women feel more connected to one another and gives them a voice on campus," said Dr. Pamela Buck, associate professor in the department of communications and advisor of Her Campus. "It offers a unique opportunity for them to share and learn about issues that are important to them," said Buck.

"We have a no judgement policy at Her Campus, and I encourage girls to write about whatever they feel is important to them, whether it be interviewing someone about a current event or writing about a personal struggle

or triumph," said Lauria.

For example, an article was recently written about "How to Support your Friends Living with Eating Disorders During the Holidays." There was also a topic about Thanksgiving titled, "You Can Now Have the Ultimate Taco Bell-Themed Friendsgiving—So Who's Ready to Eat?"

"They can even write about something as simple as fall fashion trends, or healthy eating habits. The sky is the limit and any topic is highly accepted," said Lauria.

"I love Her Campus because it is such a girl-empowering group that was much-needed on campus. It is lovely to be able to write your thoughts freely and be surrounded by support of other powerful girls," said senior journalism major Gabby Fezza.

According to the website, "Her Campus was founded by three students while they were undergraduates at Harvard—Stephanie Kaplan Lewis '10, Windsor Hanger Western '10, and Annie Wang '11. Through their work on this student publication, they saw the potential for something even bigger and better, and spent spring of 2009 developing the business plan for Her Campus. Since then, they have been building Her Campus into what it is today. Her Campus serves as a career launching point for its team of college journalists."

"The club has grown so much within the last couple of years; we revamped the club during the fall of 2016, all thanks to former president Laura Lampert ('18)," said Lauria.

"This year alone, we have gained over 20 girls who are interested, and currently have a club size of about 30. We only hope to get bigger from here," said Lauria.

"This club not only offers so many opportunities and experience in the journalism / blogging field, but also allows the most beautiful friendships to form," said Lauria. "These girls have accepted me for who I am, and I don't know what I would do without them, they make me so proud each and every week."



PHOTO COURTESY OF HER CAMPUS, SACRED HEART
HER CAMPUS IS A MAGAZINE PUBLISHED NATIONWIDE WITH WRITERS AND CONTRIBUTORS FROM ALL OVER THE COUNTRY. PICTURED ABOVE: LAUREN KHOURY, SENIOR

Club Spotlight: Model UN Club

BY JACKIE O'ROURKE
Staff Reporter

What is the Model UN?

"The point of the club, in general is to model the United Nations' work which essentially means coming up with solutions to global problems," said the club's vice president, senior Brian Hardiman, a Global Studies major.

According to the United Nation's homepage, "The UN provides a forum for its members to express their views in the General Assembly, the Security Council, the Economic and Social Council, and other bodies and committees. By enabling dialogue between its members, and by hosting negotiations, the Organization has become a mechanism for governments to find areas of agreement and solve problems together."

This is essentially what the club models with their 13 club members on campus at Sacred Heart.

"To me, Model UN means gaining a better understanding of the world around you. This is such an important thing because global events happen everyday and they have a much more direct impact on our personal lives than we realize," said the club's president, senior honors student Jessica Bland, a double major in Global Studies and Political Science.

"I love going to Model UN and being a part of the club because it is such a great opportunity to learn about current events and also to improve my skills as a leader, debater, and thinker," said the club's retention coordinator, freshman Matteo Menta, a political science major.

"Model UN also helps develop professional skills in students such as collaborating respectfully in groups and listening to and respecting opinions that may be different than yours," said Bland.

"The best part of the club is probably learning more about the world and the opportunity to meet people from all around the world through the conferences. People interested in joining should know a huge part of the club is going to international conferences as mock country delegations to compete," said Hardimann.

Sacred Heart's Model UN Club is currently preparing to take on the Model United Nations New York in April by having practice conferences with their club members.

"Model UN is about recognizing and learning everything that makes countries and individuals unique. It provides students with a place to celebrate those differences which will hopefully create a more tolerant world in the future," said Bland.

Sacred Heart University's Model UN club meets every other Wednesday night at 8 p.m. in the Main Academic Building in room HC 202.



TOP: SCHOOL.CBE.AB.CA/ BOTTOM: FLAGS-BY-SWL.COM

SACRED HEART'S MODEL UN CLUB'S GOAL IS TO PROVIDE ITS MEMBERS WITH THE CHANCE TO MODEL THE UNITED NATIONS WORK. THE ORGANIZATION IS PREPARING TO GO TO NEW YORK IN APRIL.

Features

Restaurant Spotlight: The Tasty Yolk

BY JOANNA BEACH
Staff Reporter

The Tasty Yolk is a breakfast food truck company with three locations in Fairfield and Bridgeport. It was created by two childhood friends Eric Felitto and Mike Bertanza. They opened their first truck on May 5, 2016 and then a second one on Nov. 14, 2017.

While working at a restaurant in Fairfield, Felitto and Bertanza created The Tasty Yolk. They established the truck with the thought that they would both still remain in their main jobs, but Bertanza left his job when the pair decided to open their second truck.

In 2017, the Tasty Yolk was the winner in the Connecticut Magazine's Best Restaurants in the food truck category. It was also listed in MSN's "America's 100 Best Food Trucks."

The Tasty Yolk's three locations are on Park Avenue in Bridgeport, Post Road in Fairfield, and Fairfield Avenue in Bridgeport. The hours are 7 a.m. to 12 p.m. on Tuesdays to Fridays, 8 a.m. to 1 p.m. on weekends, and they are closed on Mondays.

"We're here year-round. Even when it snows," said Christina Bertanza, creator Mike Bertanza's sister.

Most of Tasty Yolk's sandwiches and wraps are \$5-6, with the exceptions of one wrap called "The Slenderizer" (\$8) and the special of the month sandwich, "Get Stuffed" (\$9). They are also accommodating to allergies and offer gluten free bread.

In September 2016, Dan Brelsford, a Bridgeport firefighter and the winner of Food Network's show "Chopped" teamed up with Tasty Yolk to create a sandwich called "Smoke on the Yolk." That month, \$1 of each purchase of the sandwich went to the AJ Foundation to fight the opioid epidemic.

The most popular items vary.

"Honestly the Fatone, the Pig, and the Banker I would say would be the three most popular. The specials usually do pretty well too," said Christina Bertanza.

We get a lot of college students, a lot of construction workers, and the fire department comes here," Christina Bertanza said.

Sacred Heart students and college students from the area have responded well to the Tasty Yolk.

"I go there at least 3 to 4 times a month, sometimes more. I like getting the Pig with hot sauce," said senior Chris Iacono.

"I go once or twice a month, but I want to go more. My favorite thing to order is the Banker," said sophomore Steve Vasile.

According to the Tasty Yolk website, Chef Eric Felitto is a Fairfield native. He started cooking at a young age with his family and friends, and in high school he began working in multiple restaurants.

Felitto ended up at the New England Culinary Institute in Essex Junction, Vt. and graduated with a BA in Culinary Arts. After graduating, he worked in a handful of other restaurants in southern Connecticut.

The Tasty Yolk's current special is "Get Stuffed." It is two sunny-side eggs served over house-made stuffing and topped with shredded turkey gravy.



JOANNA BEACH/SPECTRUM

THE TASTY YOLK IS A FOOD TRUCK THAT HAS BECOME POPULAR WITH SACRED HEART STUDENTS SINCE IT OPENED A LOCATION ON PARK AVE IN BRIDGEPORT NEAR CAMPUS.

Women in Business Event

BY BRIANNA MILANO
Staff Reporter

On November 19, Sacred Heart University's Jack Welch College of Business presented a "Women in Business" panel and networking event.

Gianna Deangelis, a junior business management major here at Sacred Heart created and executed this event.

"This event meant a great deal of importance to me, and those who helped me organize it for a variety of reasons," said Gianna Deangelis.

The event hosted guest speakers Cindi Bigelow, President and CEO of Bigelow Tea; Suzanne Greco, Former CEO of Subway Restaurants; Elizabeth Hiza Chief of Staff, Barnum Financial Group; and Jennifer Tombaugh, President of Tauck.

John Goodnough, a senior finance and marketing major, said, "I thought it was interesting. being male myself, seeing the women's perspectives on being a women in business."

Gianna Deangelis felt strongly impacted by the event that she put together and how students perceived the panel.

"I feel strongly that the students in attendance were inspired by the panel, and impacted in an amazingly positive way by the networking session," said Gianna Deangelis.

"This event was so eye-opening for me. Elizabeth Hiza impacted me incredibly because she explained that you can't label yourself, you just have to work to make yourself better," said sophomore Makenzie McCormick.

Deangelis felt the importance of having women come speak about their stories for many different reasons.

She spoke about how she can relate to how overlooked women in the business world can be and thought that it would be interesting for influential speakers like the ones who came to explain their journey.

"A woman in business has different and unique qualities to bring to the table, and unfortunately often is overshadowed and undermined," said Gianna Deangelis.

Throughout the event, the message that kept recurring to students was to not let your struggles and doubts get in the way of what you want to accomplish.

"It is crucial to have men and women alike who believe in the strength of business women and encourage their passage to the top," said Deangelis.

The panel helped expose the fact that women are worthy to be in higher corporate positions, not just men.

There were many steps in making sure that this panel and networking event ran smoothly.

Deangelis explained that her and her team wanted to ensure that the women coming

were treated with the most utmost comfort and respect.

"We really tried to make it fun for our women. On the day of the event, we stood in the parking lot to usher them inside and held up signs with their names on it," said Deangelis.

Gianna, alongside her team, made for a successful event and the women explained that they event felt like celebrities.

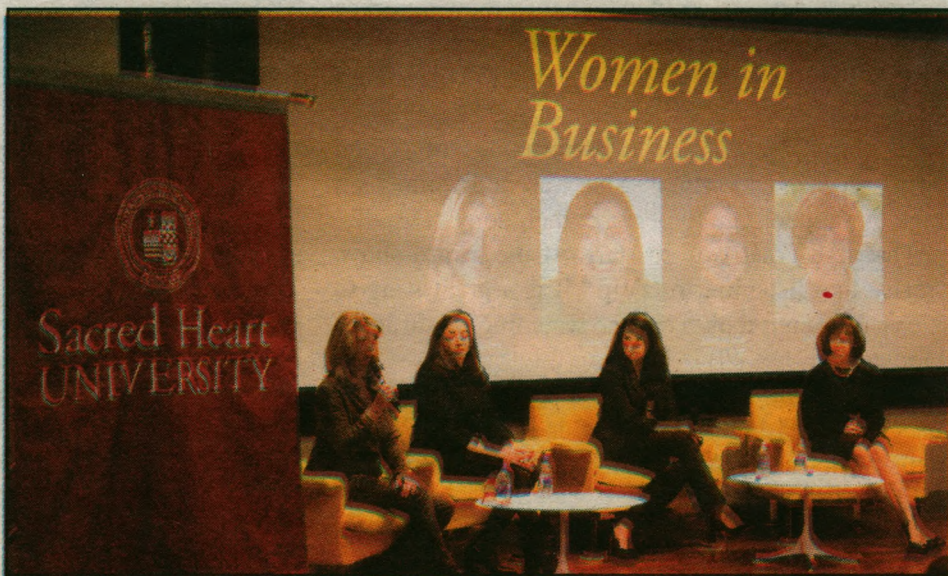
"I feel that one of the best things that was done to ensure the success of this event was personalization," said Deangelis.

The turnout for the event was between 40 and 50 people.

"The turnout was better than I hoped in the sense that I saw an equal distribution of both males and females in attendance," said Gianna Deangelis.

She explained that it was not the turnout that the team and herself had hoped for, but left off with an inspiring quote about moving forward and changing things in the future.

"However, in business, despite setbacks, it is crucial to move forward and stay committed," said Deangelis.



ERICA CONDON/SPECTRUM

THE JACK WELCH COLLEGE OF BUSINESS PRESENTED A "WOMEN IN BUSINESS" EVENT AS AN OPPORTUNITY FOR STUDENTS TO NETWORK AND ASK QUESTIONS.

Arts & Entertainment

Dance Program is Ready Dance the Nights Away

BY DOMINIQUE PRICE
Staff Reporter

The Sacred Heart University Dance Program will be performing three different shows in the Edgerton Center for the Performing Arts in the upcoming week.

The Dance Program is composed of nearly 300 dancers, offering various types of dance groups on campus.

"Many of my friends are in the SHU Dance Company, SHU Dance Ensemble, Hip Hop Production, and as well as SHU Irish Dance Ensemble. I look forward to going to all of the shows to see the wonderful dances they have been working on all semester," said senior Harry Williamson.

The annual Midnight Cabaret will be held on Friday, Nov. 30 at 10:10 pm in the Edgerton.

Presenting works by both professional and student choreographers, the performance will include dancing and singing.

In addition to the Friday show, the Dance Company will present their show, *Pieces of a Dream*, on Saturday, Dec. 1 at 7 p.m. The Dance Ensemble will be showcasing their Winter Soulstice show on Sunday, Dec. 2 at 2 p.m.

The Midnight Cabaret is a selection of works by the SHU Dance Company, SHU Dance Ensemble, and the Hip Hop Production program.

"I am very excited to present my piece, *Best Life*, at the Midnight Cabaret, with some of my fellow Dance Company members," said student choreographer, junior Sidney Choothesa.

The pieces selected for this show are fun, upbeat, exciting, and energized—meant to inspire and entertain.

Pieces of a Dream will also feature the award-winning SHU Irish Dance Ensemble.

The theme of the show is open ended to allow

for some of the most well-known professional choreographers in New York to interpret in their own way.

"For *Pieces of a Dream*, I have created a 15-minute piece called *Lucid*, featuring music by Ben Howard, Nina Simone, and Son Lux. The piece is intended to be an exploration of what it would be like inside of a *Lucid Dream*," said SHU Dance Program Director, Kari Williams.

Winter Soulstice is a collection of student choreographed works by members of the Leadership track of the SHU Dance Ensemble.

"Although this is my first year on the Leadership track for Dance Ensemble, I am so grateful for all of the hard work my fellow dancers and I have put in to make my vision come true. I'm looking forward to the show and excited to be choreographing again for next semester," said sophomore Danielle Davanzo, student choreographer.

The SHU Dance Company is a Pre-Professional performance company where audition is required for students to train and perform in ballet, modern, contemporary and world dance forms such as jazz and tap.

The SHU Dance Ensemble is a student-run program where audition is also required but all levels of experience are welcome. It is part of the Dance Program for students who love dance and want to continue being a part of staged productions without the commitment of course work.

"Dance Ensemble has given me the opportunity to express myself more through choreographing, while Dance Company has motivated and pushed me to become a better dancer," said dance program member Tabatha Maxime.

The Claddagh Dancers of the SHU Irish Dance Ensemble is a high skill level, competitive Irish

dance group. Their award-winning performance of "BOOM!" will be showcased at Winter Soulstice.

According to the Sacred Heart website, Hip Hop Production is a high-energy program designed for experienced Hip Hop dancers to further develop movement and technique, but also musicality, rhythm, precision and quality of movement.

The Hip Hop Production's piece, *Hip Hop 4 Life*, choreographed by Kim Elliot will also be showcased in the Midnight Cabaret.

"I am inspired by the quote, 'Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world,' by Harriet Tubman," said Williams.



SACRED HEART FLICKR

THE SACRED HEART DANCE ENSEMBLE AND DANCE COMPANY WILL BE PERFORMING THREE SHOWS FROM NOV. 30- DEC. 1.

People's Choice Awards Airs on E!

BY ABRAHAM SEABROOK
Staff Reporter

On Nov. 11, the People's Choice Awards hosted by Joel McHale, aired for the first time on the E! network. From 1975 to the present, it was previously broadcasted on CBS.

This award show recognizes well-known individuals, movies, television shows, music, and pop culture that have been popular throughout the year. The general public have the ability to choose online who or what they liked in a certain category.

"I did not watch the People's Choice Awards, but I find it really cool how they allow everyone to have the ability to have an input in who they think deserves a certain award," said junior Matthieu Jean-Baptiste. "I think that with everyone being able to vote makes the awards fair in the eyes of everyone."

The show opened with a performance of "Good Form" from Nicki Minaj. She was later joined on stage by rapper Tyga to perform their song "Drip."

"That is a great way to start off the award show. I really like listening to 'Drip.' It is a great song to catch the attention of everyone watching," said Jean-Baptiste.

Some notable celebrities who attended the event are Kim Kardashian, Ellen DeGeneres, Will Ferrell, Melissa McCarthy, Aly Raisman, Scarlett Johansson and John Legend.

There were some celebrities like, Rita Ora, who touched upon the impact of the California wildfires. Many expressed their prayers to those who have been affected by the fires.

"I have seen the wildfires all over social media and how it has affected the people and animals there or nearby," said junior Deanna Nicolo.

At this year's event, Bryan Stevenson won the people's champion award for fighting against racial discrimination in the criminal justice. He is a lawyer, social justice activist, and founder and executive director of the Equal Justice Initiative.

"I think he deserved the award. He has been trying to make a difference in the justice system. He has been able to reform the justice system while making it fair for everyone to have a fair trial whether they are rich or poor," said Nicolo.

Fans were able to choose what movie they believed deserved best movie of 2018. The nominees were "Avengers: Infinity War," "Black Panther," "Incredibles 2," "Fifty Shades Freed," and "A Quiet Place." "Avengers: Infinity War" won this award and also the award for best action movie.

Scarlett Johansson won the award for female movie star of 2018 for her performance in "Avengers: Infinity War." The others who were nominated were Sandra Bullock in "Ocean's 8," Anne Hathaway in "Ocean's 8," Lily James in "Mamma Mia: Here We Go Again," and Bryce Dallas Howard for "Jurassic World: Fallen Kingdom."

"I like Scarlett Johansson, but I did not see the movie that she was nominated for. I do think she is an amazing actor and completely deserves the award for her work," said Nicolo.

Danai Gurira won for best action movie star for her acting in "Black Panther." Some of the others nominated for this award were Chris Hemsworth in "Avengers: Infinity War," Ryan Reynolds in "Deadpool 2," Chadwick Boseman in "Black Panther," and Chris Pratt in "Jurassic World: Fallen Kingdom."

"I definitely agree with this award. I really liked watching 'Black Panther' and thought she played her role really well. I enjoyed watching her character throughout the whole movie and thought she helped me like the movie even more," said Jean-Baptiste.



ALBERTO RODRIGUEZ/EONLINE.COM

DANAI GURIRA, THE WALKING DEAD AND BLACK PANTHER STAR WAS ON THE STAGE MANY, MANY TIMES THANKS TO THE AVENGERS WINS AS WELL AS TAKING HOME ONE OF HER OWN, ACTION STAR OF 2018.

Arts & Entertainment

Posthumous Music from Late Artists

BY ELISHA BROWN
Contributing Writer

We've lost some of the greatest musicians of our time in the last couple of years. From musical legends like Aretha Franklin and Prince, to new influential artists such as Lil Peep and XXXTentacion, fans are eager to keep their spirit alive with posthumous music.

In previous years, Drake has released new music with late artists, such as R&B singer Aaliyah. On his new album, *Scorpion*, he used an unfinished track to release a song "featuring" Michael Jackson.

"Drake is known for sampling a lot of tracks. He uses influences from past artists to make who he is today, and I think it's more of a tribute to different artists," said graduate student, Trevor Thompson. "I think it's more of a celebration. We listened to their music when they were alive and then as they're deceased, and people still love them."

Amy Winehouse, the British singer who passed in 2011, is expected to "perform" via hologram next year with a live band.

Shortly after her death, the Amy Winehouse foundation released Amy's third album, *"Lioness: Hidden Treasures."* The album featured unreleased music and demos, chosen by Winehouse's family.

After rapper Tupac Shakur's death in 1996, Tupac

was still making money as if he were alive.

Tupac sold millions of records worldwide with the majority of those coming after his death. He has over 150 unreleased songs and seven out of eleven albums were released after his passing.

Michael Jackson has long been subject to this phenomenon. A year after his death, he made hundreds of millions of dollars from posthumous music.

Sophomore, Shannon Szenfinski, wasn't aware of how widespread this phenomenon is, but was pleased to know how artists are kept alive in the hearts of their fans.

"I think that's so cool, their memory is living on. I didn't really know they did that. I think that's so cool," said Szenfinski.

This type of behavior isn't reserved for the classic artists. Lil Peep and XXXTentacion both passed away in the last 24 months and a song that features both of them was released on their behalf. That track, "Falling Down," was released in September.

Lil peep passed away from a drug overdose in Nov. 2017 and XXXTentacion was shot in June this year.

One of the writers of the song says he co-wrote it with Lil Peep, but after Lil Peep died, XXXTentacion

added a couple of verses.

"Posthumous music is only cool if it's in accordance with the artists' wishes and is going to the people who they intend for their estate to go to. The money must be going to the people they intended, not executives or anybody else," said graduate student Ibraheem Abedanjo.

"If they have it in their will that the music can be released, and they trust certain people to release their music, then it's okay. If it's records that they didn't have any intention of releasing and someone wants to release it for a cash grab, I feel like that's horrible."

Even though it seems like some students are okay with music being released after an artist dies, there are a few people who would rather remember the artist for the legacy they created while they were living.

"Personally, I don't think it's good. I prefer if they just left it alone because the artist already established a career," said graduate student Johnny Bledsoe. "Unless the quality of music is so good that people just have to hear it, but for the most part it's not. It's usually not their best work. So, I'd prefer if they didn't."

Black Student Union Host Their First Event

BY ALEXANDRA LOUKERIS
Staff Reporter

On Wednesday Nov. 14, the Black Student Union at Sacred Heart University hosted their first event, *Wild N' Out* in the Martire Theatre.

"The Black Student Union is a renowned and respected national organization and Sacred Heart is long overdue to have its own chapter," said club advisor Dr. Colleen Butler-Sweet.

This event was based on the TV show "Wild N' Out" on BET network.

It included different types of games in which attendees could take part in. These games included one called "Spit'n" in which two players each hold water in their mouth while they both try not to laugh.

They also had a guess who game where there were two teams and one team would make up a rap describing one person and the other team would have to guess. The last game was a rap battle between the two teams.

"We rapped and sang, joked and had a good time with great vibes and a lot of laughs," said senior Schindler Auguste.

This was the clubs first event as they are a new club on campus. The chapter of BSU first debuted at Sacred Heart this past fall.

"The purpose of Sacred Heart University Black Student Union is to serve as a liaison primarily between students of African descent (and other minorities) and faculty/staff within in Sacred Heart Community," said junior NaCyla Wiley, president of the Black Student Union. "Our mission is to first and foremost love others and educate through our four main foundational pillars of community, academia, social awareness and unity."

Members of other clubs and organizations, such students from Delta Zeta sorority and fraternity Iota Phi Theta along with other diversity clubs on campus, also attended this event in support of the new club.

Senior Chloe Barcial, who is part of the Multicultural Club on campus, is among some of the students that attended this event. Although she is not part of the club, she enjoyed the event and what the club had to offer.

"I would like to see more collaboration events with other cultural clubs on campus such as MCC (multicultural club), La Hispanidad, etc.," said Barcial. "I think it's important to unite those clubs that have the same goal which is to promote diversity."

This event gave students who may be thinking about joining an inside look at what the club has to offer and encouraged them to join.

"It does encourage me to join because of such cool events that they produce and execute," said Auguste.

For a new club on campus, they have had a good turnout to their meetings so far.

"We had around 60 students show up to our first meeting and 110 in total sign up for the emailing list!" said Wiley.

Wiley is one of two students who founded the club. With Wiley as president and co-founder Justina O'Brien as the vice president, they brought the Black Student Union to campus.

"They approached me over a year ago about starting a chapter of the BSU here are Sacred Heart and were tireless in their efforts to ensure the club met all of the student life requirements for active club status," said Butler-Sweet. "They were both fierce advocates for this group!"

Since they are new, Wiley has aspirations for this club and hopes to see it grow in the future here at Sacred Heart.

"More than anything I desire sustainability and being able to see not only expansion and growth for years to come but being the founding chapter for the work we do now have a ripple effect on the groups to follow," said Wiley.



ON NOV. 14 THE BLACK STUDENT UNION HOSTED THEIR FIRST EVENT, FULL OF GAMES AND A RAP BATTLE. THE EVENT WAS BASED OFF THE "WILD N' OUT" TV SHOW.

Sports

Club Football Conference Champs Again, Fall in Semifinals

BY JOHN KAYWOOD
Senior Staff Writer

Sacred Heart University's club football team repeated as Conference Champions of the North Atlantic Conference. They did so by defeating Johnson & Wales University (JWU) 36-0, on Nov. 10, at Campus Field.

The Pioneers then traveled seven-and-a-half hours to Erie, PA, on Nov. 16, to play Oakland University in the National Semifinals for the second year in a row.

This year the Pioneers fell short, losing 38-14.

"The one constant goal has been to continue to have guys love this game and revitalize the ones that have lost that passion," said head coach Greg Jones. "Creating that caring and passionate atmosphere is what drives not only this year's team but all the teams I have coached."

Junior wide receiver Tyler Toussaint agrees that the passion and vibe that Jones gives off are infectious.

"When I step on the field and look back at Coach, I see the attitude and passion in his eyes," said Toussaint. "You feel like you almost have to give that same energy back."

The loss to Oakland was the team's first defeat since their first game of the season, against Mansfield University. It was a game that in reflection, helped the Pioneers more than it hurt.

"That [the Mansfield loss] was a big turning point and a quick one," said Jones. "They [the players] loved that punch in the mouth coming in the first game. It was a wake-up call."

Sophomore quarterback Mike Contento also saw another turning point in the

duration of this season.

"One of the biggest moments during the season was the first matchup against JWU," said Contento. "We came back down 20, and since then we have been a well-oiled machine."

Jones agrees with Contento, saying that they were out of their elements, giving up an 80-yard touchdown on the third play.

"Captains Dalvin Charles and Andrew Crookes helped inspire the team at halftime and propelled us to a win," said Jones.

Up until the Semifinal game, the Pioneers had only allowed a total of 33 points in their conference matchups, 20 of which coming in that one game versus JWU.

Before the match-up, Contento believed that the game could be won with their work in the trenches.

"The defensive line has been making the running backs and quarterbacks uncomfortable all year," said Contento. "If the offensive line can open up some holes and we can establish our run game, we will be in good shape."

The sputtering of those two X-factors led to the Pioneers' troubles and ultimately the loss. It was Jones' fifth career loss as the head coach of the club football team.

Jones is looking ahead to next season and hopes that the team can win the National Championship, just as they did in 2017.

"He [Jones] cares about every guy from top to bottom, and that is what makes the difference," said Contento.

Equestrian Team Wins Home Show



SACRED HEART ATHLETICS

THE SACRED HEART EQUESTRIAN TEAM WON THEIR HOME SHOW ON NOV. 10 WITH A TEAM SCORE OF 38. PICTURED ABOVE: EMILY SCROBE, JUNIOR.

BY LOUIS FREY
Staff Reporter

The Sacred Heart equestrian team won their home show with a team score of 38 points on Nov. 10.

Senior Cariann Johnson was named the High Point rider and sophomore Hailey Tyler was named team MVP. Johnson placed first in the Open Flat Section B and Open Fences Section B. Tyler placed first in the Novice Fences Section B and helped carry the team to the victory.

"By finishing first, we were able to position ourselves as the leading team going into the final Hunt Seat competition of the semester at the University of Connecticut (UConn) on Nov. 17," said head coach Tiffany Hajdasz.

The win gave the team a six-point lead in their region.

"We were determined to leave that home show in the first place position," said Johnson.

Other schools that competed in the show were UNCONN, Trinity & Connecticut, Fairfield University, Wesleyan University, and Central Connecticut State University (CCSU).

"This season it started off as a joke for us to say 'lets get this bread,' but since we've said is so much, now it's a tradition," said senior Emery Smith.

Other notable results from the home show were senior Victoria Caputo placing first in the Novice Flat Section C and sophomore Carly Julius placing second in Intermediate Fences Section A.

Focusing on fundamentals and theory during practice helped the team prepare for the home show.

"We take the time during every practice to explain a drill we have chosen, why we have chosen it, and how it will apply," said Hajdasz.

In hunt seat's matchup against UConn on Nov. 17, the team's strategy was to ride smart, trust their instincts, and go in with confidence.

Hajdasz wanted her riders to not take anything for granted and ride with stride during the show.

According to the Sacred Heart athletics website, Hunt Seat wound up being named the High Point team of the event, again finishing with 38 points. Johnson and junior Gabriella Sorrentino qualified for Hunt Seat Regionals for their performances.

Sorrentino won the Open Fences Section A title, while Johnson won the Open Fences Section B title and Open Flat Section A title.

On Nov. 18, Western had a doubleheader at UMass-Amherst. According to Sacred Heart athletics, the team won seven contests, and took second in the event's morning show. They'd win the High Point title, accumulating 26 points in the afternoon show.

"I feel our team could rise to the next level if all of our student athletes took more accountability and responsibility for themselves on competition day," said Hajdasz.

Hajdasz is looking for the team to learn the courses and to know when to be at the gate. Hajdasz said this would be helpful to the team as a whole because it gives everyone time to mentally prepare without external distractions.

The biggest challenge for the team this year has been their schedule.

Smith said the team has at least one competition every weekend.

"Competition days are usually 12-hour days," said Smith. "Combine that with practices, lifts, and other team activities during the week, shows that we are very busy," said Smith.

The team will wrap up its fall slate in a Western doubleheader against Mount Holyoke College on Dec. 2, at 9 a.m. and 1 p.m.



SACRED HEART CLUB SPORTS

THE CLUB FOOTBALL TEAM WAS THE CONFERENCE CHAMPIONS AGAIN HOWEVER THEY LOST IN THE NATIONAL SEMIFINALS.

Sports

Swimming and Diving Raises Awareness for Epilepsy

BY CAROLINE BOLLETINO
Staff Reporter

On Nov. 10, the Sacred Heart University women's swimming and diving team dedicated their meet against Assumption College to epilepsy awareness, in support of teammate, junior Bryana Cielo. Cielo, who is the Features editor on the Spectrum, was recently diagnosed with epilepsy, and can no longer swim competitively.

According to epilepsy.com, epilepsy is a neurological condition which affects the nervous system. It is also known as a seizure disorder. It is usually diagnosed after a person has had at least two seizures that were not caused by some known medical condition.

"I am so thankful that my team has been by my side throughout everything," said Cielo. "They [teammates] all have done an amazing job in understanding what the disorder is and supporting all of those who have it."

The meet began with a speech from Cielo about her personal experience and diagnosis. The swimmers set up the pool area with purple decorations and posters they had made together as a team. They also wore purple ribbon tattoos and stickers that they shared with the opposing team.

"The atmosphere of the event was truly amazing," said junior Kimberly Hylan. "The swim team, spectators, and even the opposing swim team all came together to show support for Bryana and everyone who has been diagnosed with epilepsy."

November is National Epilepsy Awareness Month. Head coach John Spadafina said awareness for epilepsy really hits home for him and the team.

"Not many people are aware of how this disease affects those diagnosed and the reaction when people witness someone having a seizure," said Hylan.

Cielo said one in 26 people have epilepsy and one in 10 people will have a seizure in their lifetime. Epilepsy awareness allows people to understand what a seizure is and how to react to one.

"I'm glad that our team was able to raise awareness for such a good cause," said Lauren Somers. "It was also great to be able to support a cause that has impacted our team."

The team won the meet 162-115. Spadafina said the team swam well. Somers was a quadruple winner, and both Hylan and Emily Peter won three events.

"The team has been working really hard this season. Every day at practice we are working towards our goals as a team, as well as individual goals," said Hylan.

The Northeast Conference Championship will take place in February, and the team is preparing for it now.

"All of our work in and out of the pool is aimed at preparing us to perform the best we can at NECs," said Somers.

The team has made improvements this season. The win over Assumption, who has beaten Sacred Heart in previous years, was a win that Somers said will ensure Sacred

Heart a winning season.

The team is looking to score a lot of points in their upcoming meets. On Nov. 30, the team will compete at the Eastern College Athletic Conference Winter Championship all weekend, their most important meet before the NECs.

The team also looks on continuing to raise awareness for Cielo and others who have epilepsy.

"Epilepsy has become an important cause for our team and I would like to see us continue to support Bryana and raise awareness for Epilepsy in the future," said Somers.



SACRED HEART ATHLETICS

JUNIOR, KIM Hylan (ABOVE) WON TWO INDIVIDUAL RACES AND A RELAY IN THE MEET AGAINST ASSUMPTION COLLEGE ON NOV. 10.

C.J. Marottolo Reaches 100 Wins as Men's Ice Hockey Head Coach

BY KENNETH EKERT
Staff Reporter

On Nov. 9, C.J. Marottolo won his 100th career game as the head coach of the Sacred Heart University men's ice hockey team. The team defeated the United States Military Academy (USMA) in West Point, N.Y., 4-2.

"Winning 100 games has a lot more to do with all the players who took pride in playing for Sacred Heart than me," said Marottolo. "I appreciate all of my players' efforts and sacrifices that they've made throughout my years here."

Marottolo is in his 10th year as head coach of the team, but his career in college ice hockey dates back to the 1980s, when he played at Northeastern University from 1985 to 1989.

According to elitepropsects.org, a website that provides stats on hockey players and teams, Marottolo continued his playing career in France after graduating college. He served as a player-coach for the Hockey Club Metz and also coached at the Euro-Sport/Drummond Hockey School in Amerville.

He then accepted an assistant coaching position for the men's ice hockey team at Trinity College in Hartford in 1992.

After two years at Trinity, Marottolo began a 15-year tenure as an assistant and associate head coach of the men's ice hockey team at Yale University beginning in 1994. According to Sacred Heart athletics, Marottolo helped guide the team to two NCAA Tournaments in 1998 and 2009.

After the 2009 Tournament berth, Marottolo accepted the head coach position for the men's ice hockey team at Sacred Heart and has remained with the team since.

"I have absolutely loved my time here at Sacred Heart," said Marottolo. "I have had the opportunity to coach terrific young men and work with passionate people."

In his first year at Sacred Heart, Marottolo led the team to a 21-13-4 record, and a second place finish in the Atlantic Hockey League. According to Sacred Heart athletics, it was the most wins in the program's history and Marottolo was named Atlantic Hockey Coach of the Year for 2010.

Since then, Marottolo has led Sacred Heart to three Atlantic Hockey Quarterfinals in 2011, 2015 and 2018.

Senior co-captain Liam Clare believes that Marottolo has the ability to combine the technical and emotional sides of hockey together in order to get the best out of his players.

"Coach C.J. offers advice for things to improve your game on the ice and always lends an ear or a helping hand if a player is going through something personally," said Clare.

Freshman Ryan Steele has also noticed the same characteristics in Marottolo.

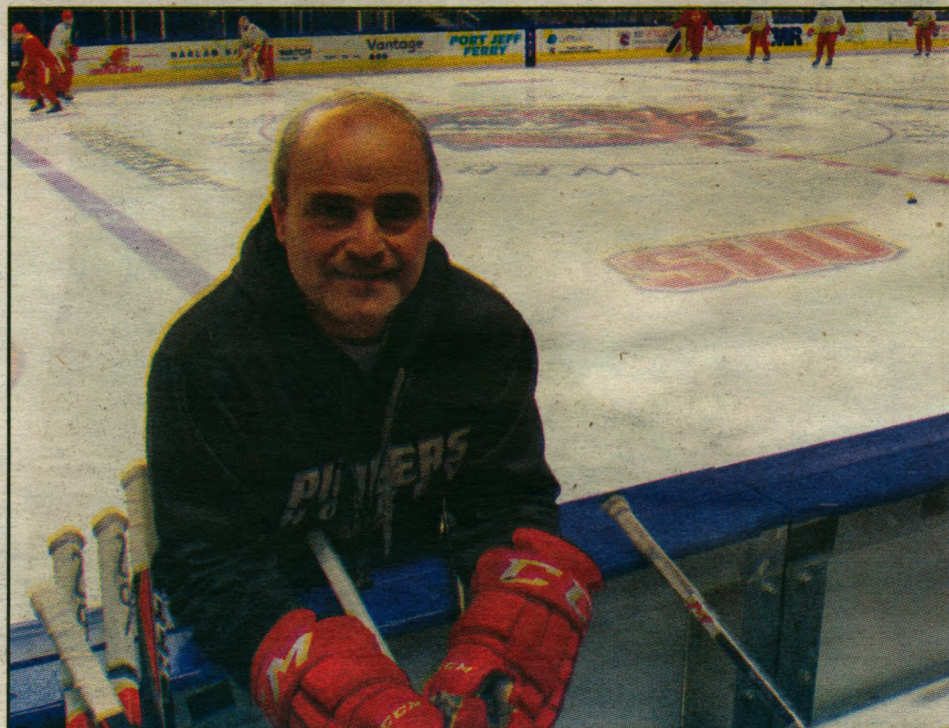
"He [Marottolo] not only instills the value of hard work in his players, but he also emphasizes intensity and execution in both practices and games," said Steele. "Reaching

100 wins as a college hockey coach is incredibly difficult, and I'm glad I was able to help C.J. reach that milestone."

Clare said that Marottolo's accomplishment is a testament to his commitment to the program, and how he's always looking for ways to improve the team each year. He's also determined to add bring some hardware to Sacred Heart.

"Coach C.J. wants an Atlantic Hockey Title," said Clare.

Marottolo has been stuck at 100 wins since Nov. 9, as the team has gone 0-4-1 in their last five games. They are 2-7-2 overall and 2-5-1 in conference play. They have a two-game homestand against Robert Morris at Webster Bank Arena in Bridgeport from Nov. 30 to Dec. 1.



JOSEF SAMILENKO

COACH C.J. MAROTTOLO IS IN HIS 7TH SEASON AS HEAD COACH AT SACRED HEART AND HAS JUST WON HIS 100TH CAREER GAME.



TOP: THE SACRED HEART UNIVERSITY WOMEN'S SOCCER CONCLUDED ITS 2018-19 SEASON WITH A WIN OVER NORTHEAST CONFERENCE RIVAL FAIRLEIGH DICKINSON, 1-0. PICTURED: MARANDA GIBBONS, SENIOR.

BOTTOM: FOR THE FIRST TIME IN PROGRAM HISTORY, THE SACRED HEART UNIVERSITY WOMEN'S RUGBY TEAM ADVANCED TO THE NIRA TIER II CHAMPIONSHIPS WHICH WAS PLAYED ON SATURDAY, NOV. 10 AGAINST MOUNT SAINT MARY'S. THEY LOST 22-15.

SACRED HEART ATHLETICS